

# My Safety Tool

By

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**Adapted from the  
Massachusetts Department of Mental Health  
Safety Tool**

**Brought to you by the DMH Restraint Reduction Initiative Team**

# What Makes You Feel Better?



Reading



Watching TV



Talking on the Phone



Playing on a  
Playground



Playing a game



Writing



Listening to music



Singing a song



Taking a bath



Getting a hug



Hanging out with  
my family



Playing with my toys

# What Makes You Afraid or Upset?



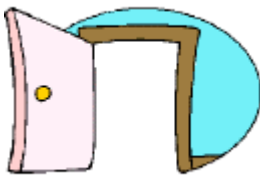
Being left alone



Being sick



Having a fight with my friend



Having my bedroom door open



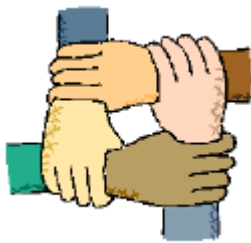
Loud noise



Too many people



Thunderstorms



Being touched



Yelling



Darkness



Certain time of year



Certain time of day